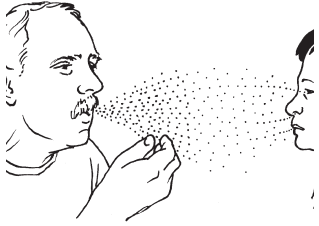


The Westcoast Reader

Protect yourself from colds and the flu

In Canada, many people get colds and the flu (influenza) in the winter.



Viruses cause colds and the flu. These viruses pass easily from person to person.



How can you protect yourself?

- Get a flu shot. A flu shot can help protect you from the flu. Call your public health unit or talk to your doctor about getting a flu shot.



Flu shots do not give people the flu. And they do not protect people from colds or stomach flu.

- Wash your hands often. Cold and flu viruses can live on your hands and on things you touch. Protect yourself and other people by washing your hands often.

Use regular hand soap and water.



or

Use a hand sanitizer that has alcohol in it.



How can you protect others?

- Cover your mouth and nose with a tissue when you cough or sneeze. Throw the tissue in the garbage.
- Cough into your arm if you don't have a tissue. Don't cough into your hand.
- Stay home from work or school if you are sick. Stay away from crowds.



What can you do if you get the flu?



- Rest and get lots of sleep.
- Drink extra water, tea, and juice.
- Some over-the-counter medicines can help you feel better. You don't need a prescription to buy them.

- If you are not sure what medicine to take, ask a pharmacist.



Do not give medicine for adults to children. Ask a pharmacist what to give your child.

How to wash your hands

1 Wet your hands with warm running water.



2 Rub on soap. Lather well. Rub your hands together for about 15 seconds.

3 Rub all parts of your hands and wrists.



4 Rinse well under warm running water.



5 Dry your hands with a clean towel.

Images — sick man: Bev Burke; sick woman: Joan Acosta; line art: Nola Johnston; soap and cleanser: Guy Parsons

Article reprinted from *The Westcoast Reader*
September/October 2016.

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Vol 36/No 1/ISSN 0822-7225